



Healthy Families

Free support and education for families who have young children or are expecting.

The Healthy Families Team of **Registered Nurses, Nutritionists, and Social Workers** specializes in:

- Healthy pregnancy and preparation for a healthy baby
- Wellness and child development
- Breastfeeding
- Nutrition
- Safety
- Attachment and bonding
- Parent skill building
- Screenings and resource referrals
- Asthma education and support
- Support for a tobacco-free home

☐ **YES, I would like a call to offer me a free phone consultation, home visit, or office visit to provide my family with pregnancy support, in-home infant weight checks, lactation counseling, child development and safety information, support after delivery, and more.**

Mother's Name: _____ Birth Date: _____

Estimated Due Date (if applicable): _____ Started prenatal care: ____ yes ____ no

Father's Name: _____ Birth Date: _____

Children's Names and ages: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Alternative Phone: _____ Email: _____

I give my permission to release this information to the Lewis and Clark City-County Health Department. If I don't live in Lewis and Clark County, this form will be forwarded by the Lewis and Clark City-County Health Department to the health department of my home county. If I live in East Helena, I understand I will be contacted by the East Helena Lead Education and Abatement Program as well as a nurse.

Signature: _____ Date: _____

Print Name: _____

Healthy Families Contact: FAX: 406.457.8990

Phone: 406.457.8975

1930 Ninth Avenue

Helena, MT 59601

healthyfamiliesinfo@lccountymt.gov

Healthy Families is a program of the



LEWIS & CLARK CITY-COUNTY
Health Department